

Reading Ramblers Walking Club!

Coming Soon...



**Fitness
Friends
Fun**

**Tuesdays at 1:30 pm
Fridays @ 9:30 am**

**Location: We meet all over
Town. For updated meeting
spot check out the
Pleasantries Newsletter or
contact the Pleasant Street
Center, (781) 942-6794**

**For more information:
Jane Burns (781) 942-6658
jburns@ci.reading.ma.us**

Walking improves overall health in a stress-free environment.

Walk at your own pace and enjoy all the benefits

- Increased energy
- Healthy life style
- Friendly non-competitive exercise



*This program is supported by a
grant from the Mass. Council
on Aging and Walkable
Reading*